



Participants Name: _____

Participants Email: _____

Summer Beach Body Fitness Challenge



Team Name: _____

Buddy's Name: _____

MEASURING INSTRUCTIONS
Chest-Hands on hips-above bust line & underarm
Waist-At belly button
Hips-

INITIAL	08/10/2018
Chest	
Waist	
Hips	

FINAL	09/21/2018
Chest	
Waist	
Hips	

Fitness Challenge Activities

Take a buddy picture while working out	<input type="checkbox"/>
Complete the August Kickstart Challenge through Blue Cross Blue Shield.	<input type="checkbox"/>
Attend an employer activity (Lunch and Learn, Yuma County Training, or CPR course)	<input type="checkbox"/>
Exercise at least 30 minutes for 25 days	<input type="checkbox"/>

***Please submit your pictures and exercise log to Bethzayra Fimbres via email.**

Bethzayra.fimbres-ruiz@yumacountyaz.gov